

HOW TO USE YOUR

*Sun-Kraft*



*Dedicated to you and yours...*

RESULTS of many years of medical research prove conclusively that ultraviolet rays, invisible to the human eye, cause sunburn, kill bacteria, induce Vitamin D, strengthen bones and teeth, and help the body to combat various ailments. Because ultraviolet rays stimulate circulation and induce Vitamin D production in the blood, they not only act as an aid in preventing rickets, but in many instances bring about definite cure.

Your *Sun-Kraft* Cold Quartz Ultraviolet Ray Therapy Lamp is modern science's latest important achievement in the field of ultraviolet ray generating devices.

It took years of effort, a great deal of money and careful, painstaking research to develop *Sun-Kraft* into the fine instrument it is today. We, *Sun-Kraft* engineers, all the members of our general staff, the entire organization thank you for selecting *Sun-Kraft* for your ultraviolet ray requirements.

We are happy to welcome you into a family of many thousands of satisfied *Sun-Kraft* owners. Your favorable acceptance of *Sun-Kraft* is abundant compensation for our efforts to serve you!

Sincerely,

*Sun-Kraft, Inc.*

*Frank Furedy*

Frank Furedy, President

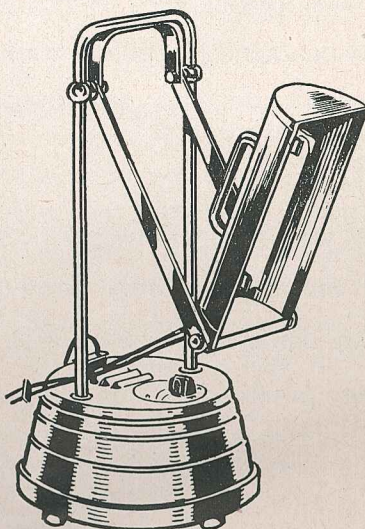
## OPERATION, APPLICATION AND ADVANTAGES OF THE MODEL A-1 *Sun-Kraft* COLD QUARTZ ULTRAVIOLET RAY THERAPY LAMP

### INTRODUCTORY NOTE

This booklet contains simple instructions for the operation and general application of your *Sun-Kraft* ultraviolet ray therapy lamp.

As with all fine instruments, your *Sun-Kraft* is most effective when care is taken to use it properly.

We urge you to read the following pages thoroughly and attentively, that you may operate your *Sun-Kraft* at maximum efficiency, and derive the most benefit and greatest satisfaction from its application.



## OPERATION OF YOUR *Sun-Kraft*

1. Read operating directions on the name plate located directly beneath the reflector.
2. Examine the name plate under the switch or timer to determine whether your lamp is equipped for both alternating and direct current, (A. C. and D. C.) or for A. C. alone. Remember, a lamp that is equipped for A. C. only will not operate on direct current. If your *Sun-Kraft* is A. C.-D. C. type and is being used on direct current (D. C.), be sure that it is plugged in properly! If it doesn't light after a lapse of 15 to 20 seconds, reverse the connecting plug in the electric socket.
3. Before *Sun-Kraft* is applied make certain that the quartz tube of your lamp is clean, free from dust, grime and fingermarks. This is of great importance, since ultraviolet rays will not pass through a soiled quartz tube.

In cleaning the *Sun-Kraft* quartz tube, use alcohol on cotton. Hot water and soap may be used if precaution is taken to rinse thoroughly; otherwise the exterior of the tube will fog. It is **not** necessary to remove the quartz tube in order to clean it.

4. The skin will readily absorb ultraviolet rays provided that it is not too oily, but **all** make-up must be entirely removed, otherwise the rays will not be effective. Oily skin should be thoroughly sponged with hot water and soap before exposure to ultraviolet rays.

## APPLICATION OF YOUR *Sun-Kraft*\*

5. When using *Sun-Kraft* the reflector should be one inch from the exposed surface for every one minute of exposure. As timing is increased to two minutes, the distance should be increased to two inches; three minutes, three inches; and so on—up to a maximum timing of six minutes at a maximum distance of six inches. Ultraviolet rays are eagerly absorbed by the air; the further you are from the quartz tube, the less effective are the rays. Your *Sun-Kraft* loses its efficiency when used further than six inches from the body unless the duration of the applications is greatly increased. Therefore, we do not recommend *Sun-Kraft* radiation at a greater distance than six inches from the reflector, since beyond this the efficiency of the rays diminishes rapidly.
6. There is no compilation of rules that will provide a specific ultraviolet ray application for each individual case, inasmuch as there are no two persons who will react alike; some individuals are more susceptible than others to ultraviolet rays. Therefore, experiment; start your exposures at one minute at a distance of one inch from the reflector and note the effects which will appear three to four hours later. Applications of longer duration may not be necessary, but if you find that your skin does not develop erythema (reddening), increase the timing and adjust the distance until you determine the timing and distance most suitable for your skin, and the particular purpose for which you are employing your *Sun-Kraft*.
7. For a complete application of *Sun-Kraft* ultraviolet rays, we suggest exposing several sections of the body in sequence. It is not advisable to irradiate any section of the body more often than twice a week or every third day. Therefore, alternate exposures accordingly. (For example: If you expose the chest, and the front, right and left sides of the face one day, the next application should be on other sections of the body, such as the spine, abdomen, etc.) However, exceptions may be made when using *Sun-Kraft* for stubborn skin conditions, hair and scalp, or upon the advice of your physician.

\*Be sure to read "Advantages of Your Sun-Kraft" on page 7 of this booklet! It explains why pure ultraviolet rays, such as Sun-Kraft generates, are purposely kept low in intensity.

8. Remember, start your *Sun-Kraft* exposures at a distance of one inch from the reflector for a duration of one minute, and increase timing and distance gradually until you determine the best timing and distance for your individual requirements.
9. In cases of serious ailments always consult your physician; however, we suggest the following general procedures which have proved of benefit as aids for the various conditions listed:

- (a) **FOR INDUCING PRODUCTION OF VITAMIN D IN THE BODY**, two applications a week are adequate. Expose the chest, abdomen and the entire length of the spine (in sections) to *Sun-Kraft* ultraviolet rays. Two, or even three exposures may be necessary for complete coverage in the irradiation of the spine.



If *Sun-Kraft* is applied more often than twice a week, alternate the sections of the body exposed so that no section is irradiated more frequently than every third day.

- (b) **FOR SKIN CONDITIONS** such as: **ACNE, ECZEMA, PSORIASIS, ATHLETE'S FOOT**, etc., that is, conditions when it is generally desirable to remove an accumulation of dead skin follicles; the affected surface may be exposed to the rays for as long as six minutes at a distance of only two or three inches from the reflector. It is advisable to clean the affected area thoroughly — preferably with alcohol, though warm water and soap may be used provided the soap is entirely rinsed off. (Ultraviolet rays will have no effect upon skin covered with cosmetics such as cold creme and make-up; therefore, all



cosmetics must be completely removed before exposure to *Sun-Kraft*.) Daily irradiations may be advisable in cases of stubborn skin conditions.

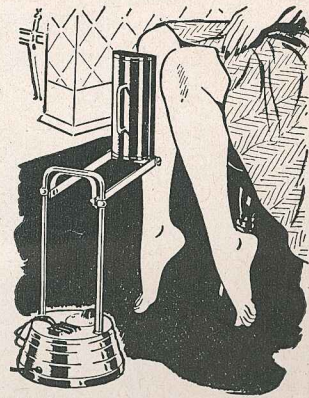


(c) FOR RESPIRATORY CONDITIONS such as: **ASTHMA, SINUS, BRONCHITIS, HAY FEVER, CATARRH and COLDS**, expose the three surfaces of the face—front, left and right sides. It is also advisable to irradiate the chest, abdomen and various sections of the spine in alternate applications. *Sun-Kraft* should not be used for respiratory conditions if fever is present.

In addition to ultraviolet ray applications, **INHALE THE OZONE PRODUCED BY THE ACTION OF *Sun-Kraft***. When using *Sun-Kraft* in this manner, turn the reflector down so that the rays are not directly visible (to avoid repeated exposure to ultraviolet rays), keeping nose close to the edge of the reflector, breathing deeply. The ozone should be inhaled from six to twelve minutes, twice a day, morning and night.

(d) For **ARTHRITIS, RHEUMATISM, NEURITIS, etc.**, we suggest six-minute applications at a distance of not more than six inches from the reflector. In acute cases, particularly, it is often advisable to shorten the distance and increase the timing gradually.

(e) FOR AN **EVEN FACIAL SUNBURN** it is necessary to make three separate, consecutive *Sun-Kraft* applications. Exposures of two minutes on each of the three surfaces of the face—front, right and left sides—from a distance of two inches, as a rule, will bring on the desired warm, healthy glow. The timing of exposures may be increased to suit your own reactions to ultraviolet rays, but we do not recommend a longer period than a maximum of six minutes for each facial surface exposed.

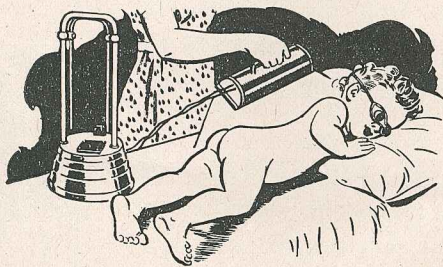


Some types of skin offer more resistance than others to ultraviolet radiation.

If the skin does not react as promptly as desired, apply two or three hot towels to the face before exposure to facilitate the action of the rays. For both sensitive and resistant skin types, we recommend a generous application of *Sun-Kraft SKIN CREME* before and after exposure. This all-purpose liquid creme is prepared with a special base, to allow the most effective action of *Sun-Kraft* without screening out the ultraviolet rays. *Sun-Kraft SKIN CREME* will also tend to reduce excessive peeling of the skin. (See page 8 ABOUT YOUR SKIN PEELING.)



- (f) For **HAIR AND SCALP** precede exposure with several applications of hot towels or a hot water rinse. Since ultraviolet rays can not follow the curvature of the head, we recommend exposing the top, the sides and the back of the head separately.
- (g) For **CHILDREN** expose the sections of the spine in sequence, for one-minute applications at a distance of one inch. (The *Sun-Kraft* reflector at close quarters will thoroughly irradiate an area of 8 inches by 4 inches. The



length of the child's spine will determine the number of applications necessary for complete coverage.) Irradiation of the child's face, chest and abdomen are also recommended. Timing and distance of exposures may be gradually increased as for adults (see paragraph 6, page 3). If the child is too young to remain quiet for the duration of the *Sun-Kraft* application, we suggest that you remove the reflector of your *Sun-Kraft* by unscrewing the two knurled knobs that attach the reflector to the reflector arms, and use it as a hand applicator. Since the reflector weighs only a few ounces, it can be handled with ease.

**FOR RESPIRATORY CONDITIONS IN CHILDREN** you may follow the same



procedure outlined for adults, starting with one-minute applications, with the reflector one inch from the exposed surface, increasing timing and distance of subsequent applications gradually.

- (h) *Sun-Kraft* IS A REMARKABLE ACTIVATOR OF VITAMIN D IN FOOD PRODUCTS. Food, such as milk (which in its natural form has no Vitamin D content) can be irradiated by applying *Sun-Kraft* ultraviolet rays for six minutes, as close as possible to the surface of the milk. For best results, use a shallow pan, approximately 6" x 12", (the ice cube container of your refrigerator, for instance). The depth of the milk being irradiated should not be greater than  $\frac{1}{8}$ ". To fill a glass you will have to repeat this operation several times, but you will be more than repaid for any effort, since milk irradiated in this manner will develop a significant quantity of Vitamin D. *Sun-Kraft* will have the same reaction on other raw foods; laboratory tests proving these results have been completed on egg yolk and milk.
- (i) ANOTHER IMPORTANT USE OF *Sun-Kraft* IS STERILIZATION OF AIR. (If your *Sun-Kraft* is equipped with a timer, set it at six minutes, and wedge the knob so that it cannot shut off—a small screw-driver or a wad of paper will do.) Turn the reflector down so that the rays are not directly visible. The ultraviolet rays of *Sun-Kraft* and the activated ozone will sterilize your room, reducing the bacterial content of the air. Used in this manner, your *Sun-Kraft* serves as a larvae destroyer and deodorizer for your wardrobe closet; when used in the kitchen it will help to eliminate objectionable odors.

## ADVANTAGES OF YOUR *Sun-Kraft*

The *Sun-Kraft* ULTRAVIOLET RAY THERAPY LAMP was designed to combine the utmost in ultraviolet ray efficiency with the maximum of convenience, portability and compactness. *Sun-Kraft* is constructed for such flexibility and ease of manipulation that it may be employed simply in practically every position—*Sun-Kraft* may be used even as a hand applicator. Scientific tests and research have demonstrated that applications administered from close quarters over a small area with a lamp emitting pure ultraviolet rays

of mild intensity are far more beneficial than those taken with large and powerful lamps that may irradiate the entire body at one exposure. Since in high intensity ultraviolet ray generators the margin between benefit and the danger of harmful effects is very narrow, such high intensity generators are not desirable for use by the layman. Powerful "sun-lamps" mix their ultraviolet rays with intense visible light and heat rays which dissipate most of the ultraviolet rays before they reach the body; therefore, even though skin may "tan", the actual therapeutic effect is greatly diminished, and there is always the danger of serious burning and blistering.

The intensity of *Sun-Kraft* generated ultraviolet rays has been carefully calculated to cope with the resistance and sensitivity of the human skin, so that any possibility of harmful effects is minimized, even in the event of over-exposure.

Your *Sun-Kraft* emits 95% pure ultraviolet rays. These rays are cold, without the presence of any heat whatever. Therefore, *Sun-Kraft* ultraviolet rays are intact, and are more readily absorbed by the human body. The beneficial effects are distributed by the bloodstream throughout the entire system no matter what part of the body is irradiated.

A complete irradiation of the entire body at one session is not recommended, since the human system can absorb only a limited quantity of pure ultraviolet rays from time to time without ill effects.

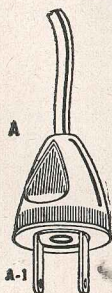
ABOUT YOUR SKIN PEELING . . . Skin may peel after the first few *Sun-Kraft* exposures. Do not be alarmed, since this is a normal reaction to pure ultraviolet radiation, and repeated applications will reduce the skin's tendency to peel. To reduce excessive peeling of the skin we have developed *Sun-Kraft* SKIN CREME, especially formulated to use with the *Sun-Kraft* ultraviolet ray therapy lamp. We recommend it highly to prevent excessive peeling without screening out the ultraviolet rays. (Ultraviolet rays will not act through most cremes and cosmetics; therefore, we do not suggest a substitute for *Sun-Kraft* SKIN CREME.) Your dealer can supply you with this creme. If not, send us one dollar for 4 ounce size bottle of *Sun-Kraft* SKIN CREME. We will pay postage.

WHEN ORDERING CREME PLEASE ADD 20% FEDERAL LUXURY TAX TO THE \$1.00 PURCHASE PRICE, TOTALING \$1.20 PER BOTTLE.

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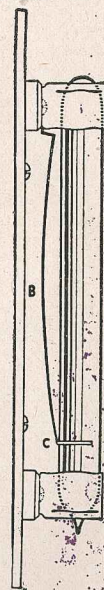
## IF *Sun-Kraft* FAILS TO OPERATE, LOOK FOR THESE CAUSES FIRST

1. Be sure to test the wall outlet by plugging some other electrical appliance—such as a reading lamp—into the same socket, or by plugging your *Sun-Kraft* into another outlet. Examine the *Sun-Kraft* connecting plug (A) which fits into the wall socket. The prongs (A-1) may need spreading in order to establish firm contact.

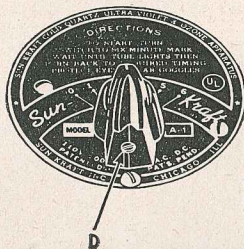


2. If you are supplied with direct current, and after 15 or 20 seconds your AC-DC *Sun-Kraft* does not light up, reverse the plug in the socket.

3. Be sure that the thin metal strip (B) directly behind the quartz tube, extending from the top metal clip to the bottom one, is gripping the quartz tube with its semi-circular clasp. If this metal strip is loose and touches the reflector, the lamp will not operate. To fasten the metal strip, simply press the bottom half-ring (C) around the quartz tube.



4. Plug in the lamp and switch it on. Turn the lamp bottom upward, and look through the four large openings in the base. Through one of these holes you can see the tip of the radio tube glowing distinctly red. If there is no red glow, your trouble is either a defective radio tube or a loose connection in the wiring. Anyone familiar with radio circuits can easily check the wiring. If this is not convenient, the lamp should be returned to us. Under the guarantee we will repair the lamp free.



5. Despite all rigid inspections and tests to make perfect *Sun-Kraft* lamps, infrequently a unit may be shipped with some slight undiscovered defect. For instance, the set screw (D) may be loose in the timer knob, and just a simple turn with a small narrow screw-driver will tighten the screw, making the knob grip the shaft of the timer firmly.

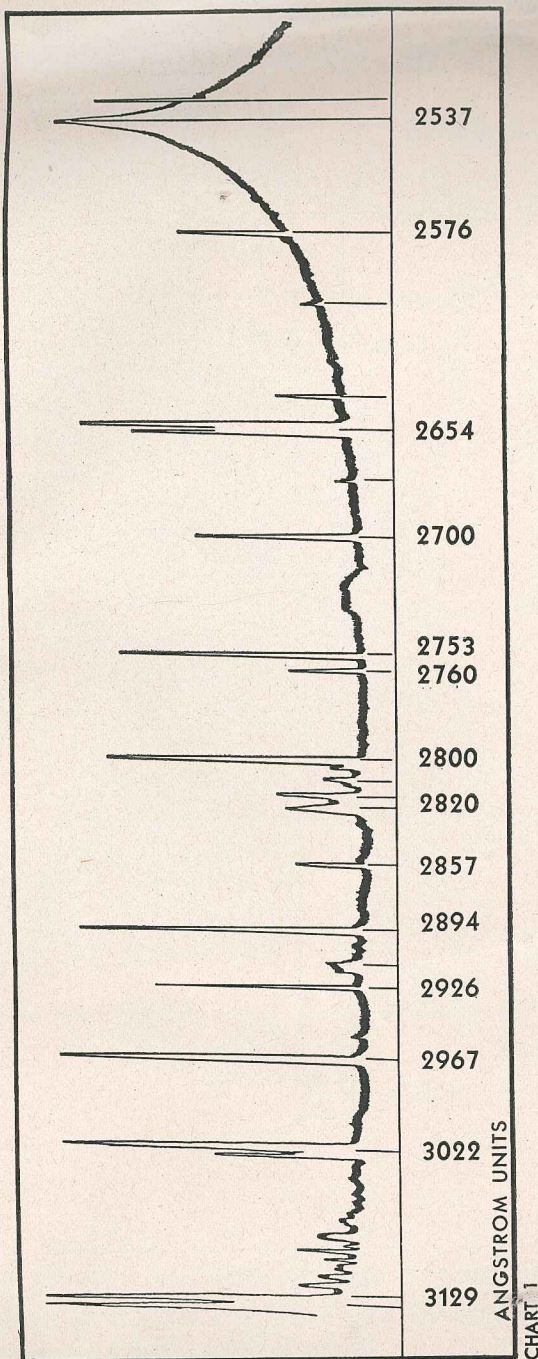
6. Once in a while, when placing *Sun-Kraft* in its carrying case, the plug of the electric cord is jammed so that the prongs (A-1) fit too loosely in the wall socket. Simply spread the prongs.

**We solicit your kind cooperation in checking carefully the above possibilities before returning the lamp to us for repair.**

When communicating with *Sun-Kraft, Inc.* regarding your lamp, please identify your *Sun-Kraft* by its serial number.

## IMPORTANT

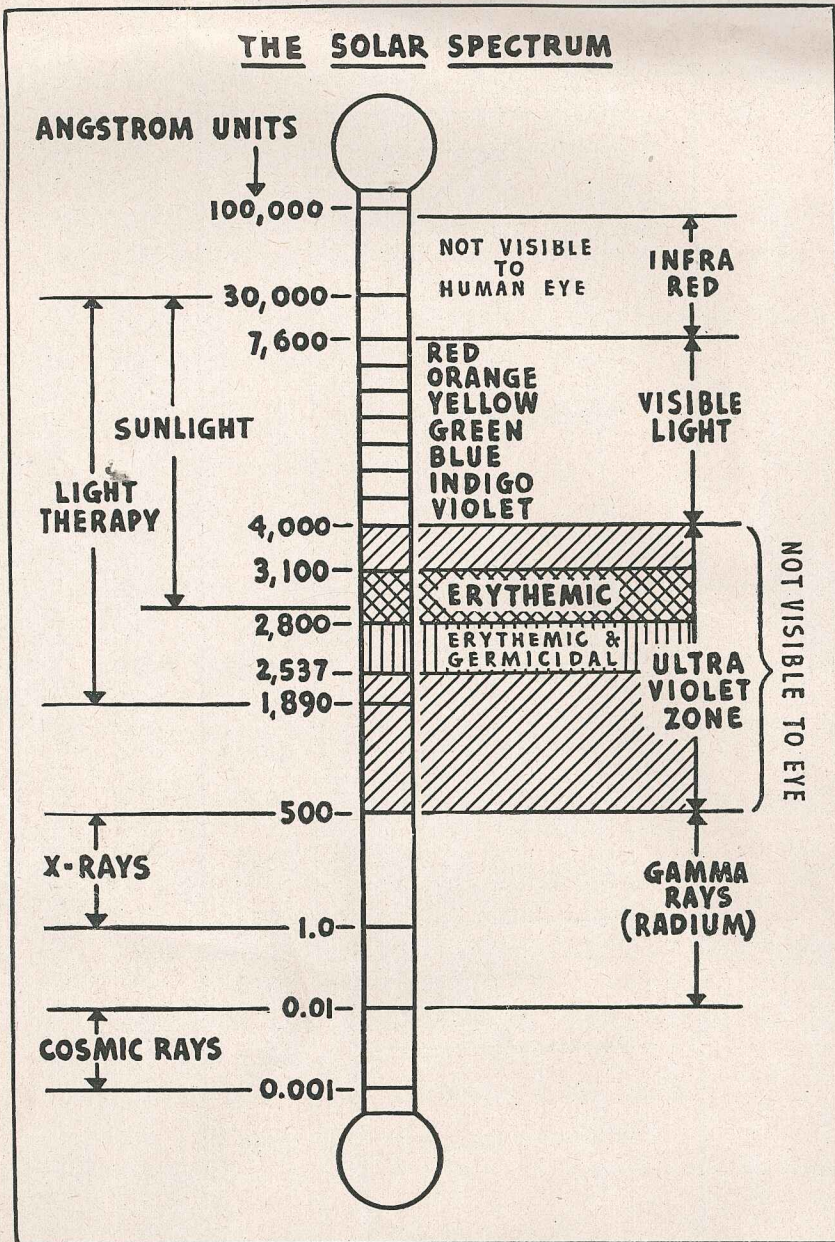
Your guarantee certificate which is herewith enclosed must be registered with *Sun-Kraft, Inc.* before it is valid. To register your *Sun-Kraft*, simply fill out the self-addressed, no-postage-necessary card (if mailed in United States) detach from guarantee certificate and mail it. Your lamp must be registered with *Sun-Kraft, Inc.* within 30 days of the date of sale, or the guarantee is not valid.



*Sun-Kraft* SPECTRUM

Copy of Original Micro-Photometric Photograph  
(For Spectrum Analysis see Chart 2 on following page)

CHART 2



#### SPECTROSCOPIC ANALYSIS OF THE SUN'S RAYS

The *Sun-Kraft* Ultraviolet Ray Spectrum is between the 2537 and 3100 Angstrom lines. 86%, or peak intensity is in the potential germicidal, erythemic as well as vitamin D inducing 2537 Angstrom unit line. The visible rays are only 5% of the total spectrum in *Sun-Kraft*.

BE SURE TO PROTECT YOUR EYES...WEAR GOGGLES!



WE PROVIDE A PAIR OF GOGGLES TO PROTECT THE EYES, AND PACK EACH *Sun-Kraft* IN A HANDSOME, DURABLE CARRYING CASE TO PROTECT IT AGAINST DUST, DIRT AND PROBABLE ACCIDENTS. NO EXTRA CHARGE FOR THESE IMPORTANT ACCESSORIES.

USE YOUR SUN-KRAFT CONSISTENTLY AT REGULAR INTERVALS, FOR BEST RESULTS!



Manufactured and Guaranteed by

*Sun-Kraft, Inc.*

SUN-KRAFT BUILDING

215-217 West Superior Street

Chicago 10, Illinois • U. S. A.